



F&S Autumn 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center De Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00 - 11.00 * NEW	10.00 - 11.00 * NEW
		12.30 - 13.15	12.30 - 13.30	12.30 - 13.30	12.30 - 13.15	Multifys Soft (Annika)	Family 2-6y (Priscille)
		Dance Explode 45 (Magda)	Stations 55 (Lene)	Jympa (Alice/Rosita)	Coreflex (Senta)	Jympa (Mira)	Stations 75 (Lies)
	13.00 - 14.00				13.15 - 14.00	12.00 - 13.00 *	12.15 - 13.15 *
	Jympa Basic (Daniela)				Jympa (Sophie)	Dance Fusion (Monica)	Discovery
	19.00 - 20.00	19.00 - 20.00			19.00 - 20.00		
	Jympa (Nolwenn)	Coreflex (Lene)			Jympa (Monica) until 04/11		
	20.00 - 21.00						
		Intensive (Tarja)					
VUB M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00 L6	19.00 - 20.00 L6 NEW	19.00 - 20.00 L6			
		Jympa (Francesca) from 13/09	Multifys (Fleur) from 14/09	Jympa (Lies) from 15/09			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00			11.30 - 12.30	10.00 - 11.00
			Jympa (Johanna)			Jympa (Magda)	Jympa Basic (Amélie)
SCHAARBEEK (sport center E. T. 7 (HELIOTROPES)	19.00 - 20.00		19.00 - 20.00				
	Coreflex (Mira)		Yoga (Olivier)				
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)				19.15 - 20.15		10.00 - 11.15	
				Spinning Distance (Annika/Wim)		Barbell Intervall 75 (Tarja)	
				20.30 - 21.30			
				Barbell (Matteo)			
ONLINE (via Zoom)	7.30 - 8.15						
	Yoga (Lisa)						
WOLUWE PARK B. 36 (CHIEN VERT)		19.00 - 20.30	19.30 - 20.15				10.00 - 10.45
		Nordic Walking (Guy/Philippe)	Start to Run 45 (Fiona) until end of October				Start to Run (Berit)
CINQUANTENAIRE (next to Military tracks) (Meeting Merode entrance)	19.00 - 20.00		19.00 - 20.00			10.00 - 11.30	
	Utefys (Tarja) September only		Utefys (Lies) September only			Running Distance (Wim)	
	19.30 - 20.30		19.30 - 20.15	19.30 - 20.30			
	Running Quality (George/Martin)		Start to Run 45 (Fiona) as of November	Running Cross (George, Martin)			
SONIAN FOREST Adeps sport center)						9.30 - 11.00	11.00 - 12.30
						Nordic Walking (Team)	Running Distance (Philippe)

* Free **babysitting** provided
 Children aged 8-11 are allowed for free if they train together with a parent/adult (except Jims / Stations)
 v 2.79 (02/09/2022)